

Mini Lesson
Physical Education/Health

Grade Level: Fourth Grade

Curriculum Topic: Students will create a graphic organizer to show how health is an important aspect of living a healthy lifestyle.

Standard: PEL.4.4.1

Tools: Inspiration and PowerPoint

Groups of Three

Synopsis: Students will work in groups of three to create a PowerPoint presentation to create a presentation to present to the class. The students will use Inspiration to create a graphic organizer to organize their presentation. The presentation should explain the health benefits of daily exercise and nutritional eating. They will be required to provide examples of healthy eating choices as well as the recommended exercise time for a student their age. They will also have to include the benefits that come from healthy lifestyle and health risks that come along with an unhealthy lifestyle. The PowerPoint needs to include the Inspiration graphic organizer and several pictures to visualize the food and exercises. The Inspiration graphic organizer needs to be checked before they can move onto the PowerPoint part of the assignment.

Roles for the students:

Student 1- Facilitator/Time Keeper, they will need to lead the discussion, keep the group on task, and make sure they are completing this on time

Student 2- Recorder, they will need to type the information into Inspiration

Student 3- Recorder, they will need to create the PowerPoint